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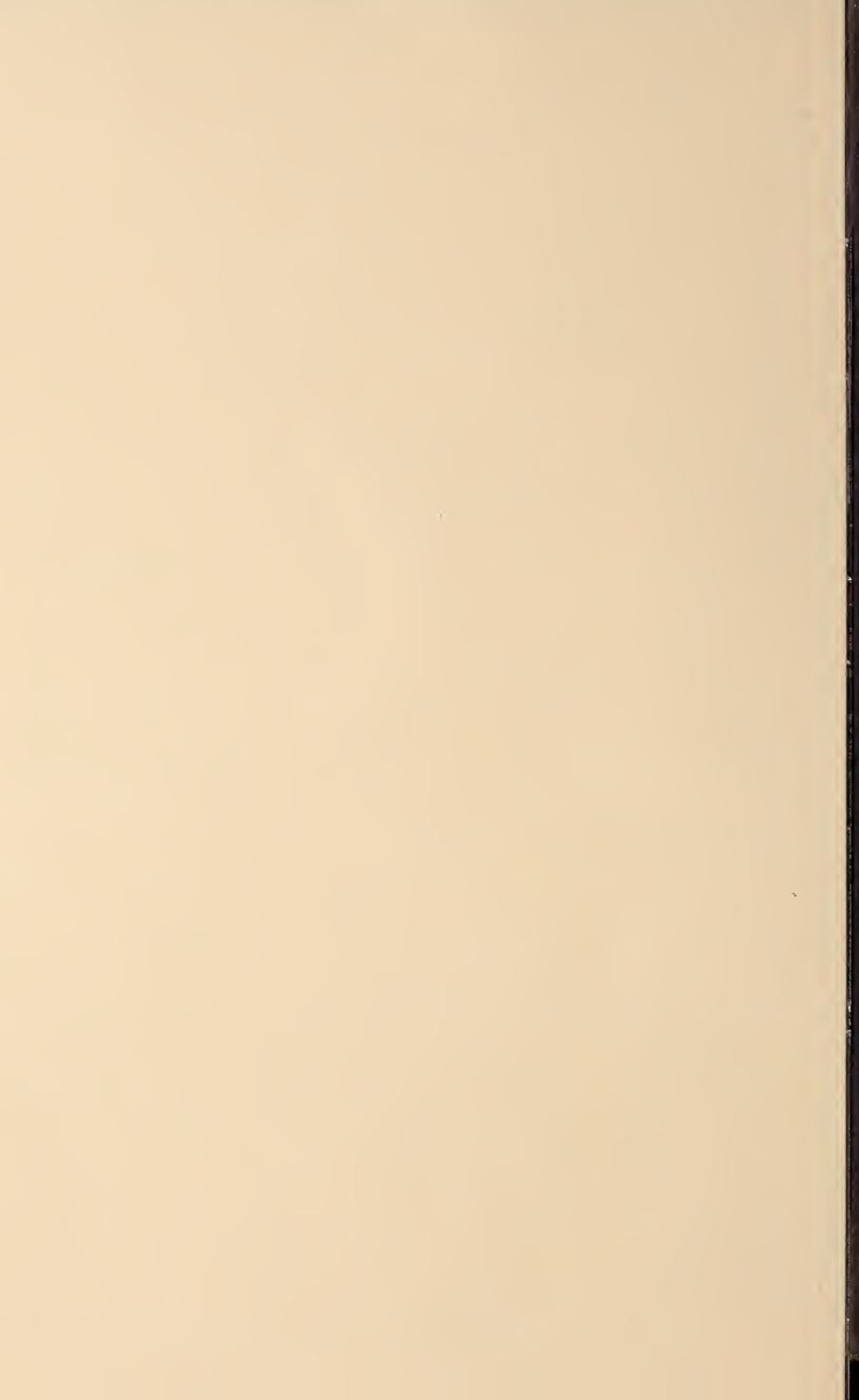
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U.S. BUREAU OF HOME ECONOMICS.

...Sugar in wartime.   [1942]

to stem

Victory begins at home

SUGAR IN WARTIME

Sugar Has Become a Weapon of War. It's like this:

Sugarcane is needed to make molasses.
Molasses is used in making industrial alcohol.
Industrial alcohol is needed to make explosives.
EXPLOSIVES ARE NEEDED TO BLAST THE AXIS.

Why Do We Have to Ration Sugar?

Sugar supplies from the Philippines are cut off.
Hawaiian supplies are uncertain because of the war in the Pacific.
Less sugar is coming from other countries because ships are needed to carry more strategic war materials.
Sugar is being shipped to our Allies under the lend-lease plan.
AND BECAUSE SUGAR IS NEEDED TO MAKE EXPLOSIVES.

How Does Rationing Work?

Rationing means "share and share alike."
Every person in the country—regardless of age—can get a ration book except those who have a hoard of sugar.
You will take your war ration book to the grocery store—any store you like—give the grocer the ration stamp for the period the stamp covers and he will sell you your ration of sugar.

How Much Sugar Will You Get?

Each member of your family can get a fixed amount for each ration period. This amount may have to vary from week to week or month to month but it will be from $\frac{1}{2}$ to 1 pound per person per week. During the canning season there will be an extra ration to allow sugar for those who do home canning. That's another reason for sugar rationing.

How Much Sugar Do You Need?

NONE! Sugar is prized mostly for its sweet flavor. Food experts say you really don't *need* any sugar at all.

What you do need is the food energy that sugar gives you. And you can get that food energy from cereals, breads, potatoes, fats, and from many other familiar foods as well.

The amount of food energy needed—from sugar or from other foods—varies with different people. Infants, small children, white-collar workers, use less sugar than very active people like teen-age boys, factory workers, farmers.

But you aren't being asked to get along without sugar. Remember, each member of your family will be entitled to the same ration. Their combined ration will become *your family sugar pool.* And for most families this will provide about as much sugar as they generally use.

As usual, most of this sugar will go into cooking and baking.

Part of it will be in the sugar bowl for the family to use in tea, coffee, and cereal, and whatever else it likes.

But if you're in the habit of using more sugar than you're going to get, here are a few tips on:

Sugar Saving Through the Day.

Use things other than sugar for sweetening. Cook cereals with dried fruits to sweeten them. Use sirups and honey instead of sugar in baking.

Don't sugar sweet foods. Many fruits are sweet enough in themselves. Cakes need no frosting. Milk has its own sugar.

Use vegetables rich in sugar: Corn, carrots, sweet potatoes.

Dissolve all the sugar you put in your coffee and tea—more stirring—less sugar.

Prepare simple desserts. Custards and puddings need little sugar. End some of your meals with a salad. Use more fresh fruits.

Don't waste your sweets—don't spill sugar. Don't help yourself to more than you're going to use.

Your Sugar Ration Is All You Will Want—

If you PLAN MEALS WISELY.

If you COOK CAREFULLY.

If you DON'T WASTE ANY.

But if you have a very sweet tooth and insist you want more sugar than you're going to get, remember—*We're in a War!*

For additional copies of this leaflet and for recipes which call for little sugar, write to the Consumer Division of the Office of Price Administration, Washington, D. C.

This material has been prepared jointly by the Bureau of Home Economics of the U. S. Department of Agriculture and the Consumer Division of the Office of Price Administration.